

**COLONOSCOPY PREPARATION WITH OSMO-PREP® TABLETS**

The following are the instructions that you will need to follow prior to your colonoscopy. Please try to follow them as closely as possible to ensure a successful procedure. It is possible that you may feel abdominal cramping, rectal discomfort, some rectal bleeding, tiredness, and headaches during the preparation. Should any of these symptoms be significant or you have concerns about them, please do not hesitate to contact us at 713-795-4444. **Failure to take this preparation as indicated below may result in a poorly cleansed colon and possible cancellation of the procedure.**

**You will need:**

- Prescription for 32 tablets of **Osmo-Prep®**
- 4 tablets of **Dulcolax®** (bisacodyl) - available over-the-counter at any drug/grocery store.

**If you normally take medications in the morning, take them on the day of the procedure as well, except:**

- \* Stop Aspirin, Advil, Aleve, Celebrex, Ibuprofen, Lovinox, Motrin, any iron pills or medications that contains iron at least **5** days ahead. You may take Tylenol if it is necessary.
- \* Stop Plavix and Coumadin at least **3** days ahead.
- \* Let us know if you are taking blood thinners.
- \* If you have heart disease, ask us about stopping aspirin.
- \* Insulin should not be taken on the morning of your procedure.
- \* If you need to take medications less than 2 hours before your procedure, take them with a small sip of water.

**THE DAY before your procedure:**

\* Start on a **CLEAR** liquid diet and continue clear liquids throughout the day. **Solid foods, milk, or milk product are NOT allowed!!!**

\* **Clear Liquids include (not the red or purple kind):** Water, Jell-O, Gatorade, apple juice, white grape juice, clear broth, soda (any, but NO cream sodas), bouillon, coffee without cream (sugar is OK), tea, popsicles, NO alcohol!!

**Follow this regimen:**

At **4 PM**, start taking **Osmo-Prep®** tablets EVERY 15 MINUTES with at least 8 ounces of any clear liquid (see regimen below!!!!).

4:00 p.m.:	4 tablets	with 8 oz. of clear liquid
4:15 p.m.:	4 tablets	with 8 oz. of clear liquid
4:30 p.m.:	4 tablets	with 8 oz. of clear liquid
4:45 p.m.:	4 tablets	with 8 oz. of clear liquid
5:00 p.m.:	4 tablets	with 8 oz of clear liquid
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8:00 p.m.:	4 tablets	with 8 oz. of clear liquid
8:15 p.m.:	4 tablets	with 8 oz. of clear liquid
8:30 p.m.:	4 tablets	with 8 oz. of clear liquid

**9:00 p.m.:**      **4 tablets of Dulcolax** (generic: Bisacodyl) with 8 ounces of any clear liquid

\*\*\* **Nothing to eat or drink after midnight the day of your procedure.**

\*\*\* **Please remember to bring a responsible adult to accompany you home after the procedure. You will NOT be allowed to drive as you will be sedated for the procedure.**

**Results:**

The medical assistant will notify you in the mail regarding your biopsy result (if taken) within 10 business days.

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*Dr. Raijman's medical assistant: Natalia: (713)795-4444 \* 103 or [natalias@dahpa.com](mailto:natalias@dahpa.com)*

*Dr. Escalante's medical assistant: Daicy: (713) 795-4444 \*110 or [daicyg@dahpa.com](mailto:daicyg@dahpa.com)*

*Procedure Scheduler, Kimberly: (713)795-4444 \* 104 or [kimp@dahpa.com](mailto:kimp@dahpa.com)*

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**We appreciate your efforts in helping us to help you.**  
**All of us at Digestive Associates of Houston, P.A. thank you and wish you well.**